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The Central Connecticut Coast YMCA Reminds Kids and Adults to Practice Water Safety

Summertime means pool time for many kids and adults, as they venture to their favorite spots to swim, play and create lasting memories. Whether it's the pool, beach, water park or lakefront the Central Connecticut Coast YMCA reminds the community to keep safety first when in or around the water. With this in mind, the Y offers swim programs that teach water safety skills and give kids and adults the chance to explore the many health benefits of swimming.

"It's important to make sure children and adults are confident in the water to ensure they have a fun and safe experience," said Matt LaPrino, Aquatics Director Woodruff Family YMCA, a branch of the Central Connecticut Coast YMCA. "The Y encourages all kids and adults to learn how to swim. It's never too late. Basic swimming skills and water safety practices save lives every day."

Swimming is a fun and enjoyable activity for children and adults alike, and it has many health benefits, as it's a fun and easy way to stay physically active and improve strength, flexibility and stamina. The Central Connecticut Coast YMCA branches offer a variety of programs for children and adults including swim lessons, competitive swim teams, family swim, lifeguard training and water safety programs.

When in and around water, the Central Connecticut Coast YMCA recommends the following safety precautions for children and adults:

- Only swim when and where there is lifeguard on duty; never swim alone.
- Adults should constantly watch children in and near the water. If multiple adults are in the vicinity, designate a "water watcher" so everyone knows who is "on duty."
- Inexperienced swimmers should take precaution and wear a U.S. Coast Guard-approved personal floatation device (PFD) when in, on or around the water.
- Children who are beginners should stay within arm's reach of an adult in the water.

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y works to ensure everyone has an opportunity to learn, grow and thrive. This philosophy drives the Central Connecticut Coast YMCA's commitment to help children and adults experience the joy and benefits of swimming.

To learn more about the Central Connecticut Coast YMCA branches and their swim programs, please contact the Association at 203 777 9622 or visit cccymca.org.

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About Us: The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 children, individuals and families. The Central Connecticut Coast YMCA is based in downtown New Haven with eleven YMCA branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622